Fall 2005

ANNAPOLIS COUNTY RECREATION SERVICES

Recreation News

Annapolis-Digby Chapter KidSport & JumpStart Programs

We'd like to take this opportunity to introduce two new funding sources available to children and youth to help them participate in active lifestyles—the Digby-Annapolis County KidSport and the Canadian Tire Jump Start Program.

The mission statement for KidSport™ is to overcome the financial obstacles that prevent some young people from playing sport.

KidSport™ guidelines: maximum of $300 for registration fees & $200 for equipment; must be used for registration fees with sports organizations that are members of Sport Nova Scotia; a child cannot receive more than one grant in a calendar year; must be under 19 yrs; deadlines are 4 times a year—Jan 1, April 1, July 1 and October 1; eligibility is based on financial need and preference to youth who are being introduced into organized sport for the first time; proof of family income (Income Tax Summary or authorization from Dept of Community Services).

Canadian Tire believes all kids should have the chance to run, skate, play and grow. That's why they have created Canadian Tire JumpStart, a community based charitable program from the Canadian Tire Foundations for families that helps kids in need participate in organized sport and recreational activities.

JumpStart guidelines: maximum of $300 per child per season to a maximum of $600 per year per child; program must be semi long-term that lasts a season; ages 4—18 years; deadlines are twice a year—October 1 and June 1; funding can be used for registration, equipment and transportation; a reference (community member, doctor, minister, teacher, etc.) must accompany the application; eligibility is determined by financial need.

Residents of both Digby and Annapolis Counties are eligible to apply to both programs.

For more information, call Annapolis County Recreation Services at 532-2334.

Healthy Living Tax Incentive

The tax credit, or healthy living incentive, is the result of a commitment made by Premier John Hamm to provide an allowable tax credit of up to $150 per child to help with the cost of registering children and youth in sport or recreation activities that offer health benefits.

Children and youth aged 18 and under who are registered in an approved organized sport, physical recreation, or physical activity program will qualify for the tax credit. Only receipts from groups who have registered with Nova Scotia Health Promotion are eligible. To find out if the organization your child is registered with is on the list, check this website: www.gov.ns.ca/ohp/HealthyLivingIncentive.

Parents/guardians MUST keep their registration receipt to claim the credit on the income tax return.

Inside this issue:

Active Kids–Healthy Kids	2
Community Recreation Capital Grant & Recreation Facility Development Grant Programs	2
Community Recreation Grant Program	2
Volunteer Protection Act	3
Festivals & Events in Annapolis County	3
New Horizons for Seniors	3

Recognize a "Great Kid"

- *Here is a chance to recognize a child or teen in your area for their participation/leadership in physical activity, sport and recreation. Look for Joel Jacobson's "Great Kids" feature in the Sunday Herald, and his Monday, Wednesday & Friday columns— "Bright Spots". If you know of a worthy individual, contact Natasha Warren at (902) 424-8779 or email: warrennm@gov.ns.ca with his/her story.*

2008-05180/

Annapolis County Active Kids—Healthy Kids Fund

The purpose of the Annapolis County Active Kids Healthy Kids Fund is to encourage and support physical activity for our youth.

If you are thinking of applying, please note that the project will be evaluated based on the following criteria:

- program to be directed to youth & involve the important principles of physical activity;
- increase the ability of the group or community to provide ongoing physical activity opportunities and leadership;
- address physical activity but also can address lifestyle factors such as stress, nutrition and tobacco;
- be able to record/report the success of the project;
- show how your group will contribute to the project;
- involve youth in the planning and leadership of the program;
- provide either structured or unstructured opportunities for youth to participate in physical activity;
- include fair and safe play principles;
- consider a mix of policy, environment changes and program opportunities that are effective for improving physical activity, and
- focus on daily activities at home, at school and/or in your community and build on what is currently offered by groups and/or organizations in the community.

If you need assistance or wish to receive an application, or if you are not sure your ideas meet the criteria please call:

- Annapolis Community Health Board, 825-6160
- Annapolis Royal Recreation, 532-7667
- Annapolis County Recreation, 532-2334
- Middleton Recreation, 825-5500

Deadline for applications is: January 20, 2006.

Completed applications can be sent to the Annapolis Community Health Board, PO Box 730, Middleton, NS B0S 1P0.

Call Debra Ryan at 532-3139 if you have any questions.

Community Recreation Capital Grant Program & Recreation Facility Development Program—Nova Scotia Health Promotion

The objective of the **Community Recreation Capital Grant Program** is to assist in the development of small scale indoor and outdoor capital recreation projects, less that $15,000. The funding must be used for public, community recreation purposes; items of a permanent, non-consumable nature; and projects where the need for financial assistance is demonstrated. Applicants are eligible for up to one-third of the total capital cost of the project up to a maximum of $3,000. Groups may apply anytime during the year. However, all work funded under this program must be completed and invoices received by Nova Scotia Health Promotion—Physical Activity, Sport & Recreation Program Area by the end of the fiscal year (March 31) in which it was given. The grant is awarded only once in any four year period.

The **Recreation Facility Development Program** can pay up to one-third of the total cost of your renovation. The group must raise the remaining two-thirds costs and may use donated materials and labour as part of their contribution. **Deadline for this program is February 1, 2006**. Groups should prepare a strategy, including capital improvements, because they can only apply for this grant once every four years!

If your group is thinking about these provincial grants, call Debra Ryan at 532-3139. Additional information can be found at www.gov.ns.ca/ohp/srd/publications/index.htm.

Community Recreation Grant Program

The objectives of the County's Community Recreation Grant Program are: to stimulate new recreation programs and activities throughout Annapolis County; to help offset the cost of recreation programs and projects for the benefit of residents of the municipality; and to encourage the development of recreation areas and facilities.

Applications can be received from eligible organizations at any time throughout the fiscal year, and shall be reviewed on a first come first serve basis.

Priority is given to applications which will generate new programs or activities in the community.

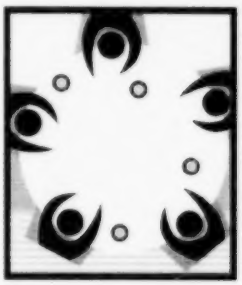
Financial assistance through this program should not be anticipated as an annual operating grant. Groups must demonstrate that they are active, and can apply for funding under this program once in a two-year period.

For more information and assistance, call Annapolis County Recreation Services at 532-2334.

Volunteer Issues to be Discussed at Annapolis County Roundtable

The Nova Scotia Canada Volunteerism Initiative (CVI) Network will be hosting a series of Community Roundtables. The community meetings will identify the common interests of Nova Scotia's volunteers and help the CVI Network develop key messages and priority actions to present to the provincial government early in the new year.

Individual volunteers, representatives from organizations, and community leaders are invited to participate in the Community Roundtable scheduled for November 21, 2005 from 7-9 pm at the Cornwallis Park Community Centre, 54 Broadway Avenue, Cornwallis, NS. Representatives from across the County are asked to RSVP to Annapolis County Recreation Services, 532-2334. A discussion paper prepared by CVI, which will be used to support discussion at the roundtable will be distributed to those that reply.



Becky Mason, Coordinator, CVI in Nova Scotia explains that the Nova Scotia Network has focused its attention on those issues which will enhance the 'envrironment' in which volunteers and volunteer organizations deliver their services. "Volunteers have consistently expressed an interest in strengthening the partnership with the provincial government. This is an opportunity for volunteers in Annapolis County to provide input regarding the 'state of volunteerism'. There is a clear consensus that a better working relationship with all government departments should exist. However, there is a wide range of opinion regarding this best type of support." This is an opportunity for volunteers to provide input regarding 'the state of volunteerism.'

In addition to the roundtable discussion, there will be an opportunity to share information with Annapolis County Recreation Services. Volunteers will be able to view displays with information about grants, fundraising ideas, etc.

Festivals & Events in Annapolis County

Can you believe it? We're already collecting information for the 2006 Calendar of Events!

"...of course, we'll be including a few interesting tidbits and surprises...."

We've already contacted some groups, however if you weren't contacted or if you didn't have the information at time of contact, but are planning a community celebration of some sort, we encourage you to contact Diana Wade at 532-0286 or Wanda Atwell at 532-2334 before December 15, 2005.

All we need from you is the name of the event, the date, time and where it is taking place, and perhaps a short description.

Chock full of over 200 community events celebrating 400 years of living and working together, last year's "Annapolis County Festivals & Events 1605-2005" calendar was a huge success.

It is our sincere hope to produce the same type of product in 2006. Of course, we'll be including a few interesting tidbits and surprises for Annapolis County residents.

New Horizons for Seniors

The New Horizons for Seniors program provides funding for community-based projects. These projects encourage seniors to participate in and contribute to their communities through volunteerism, mentorship and civic leadership.

New Horizons for Seniors was launched last year and as a result, more than 300 organizations throughout the country are currently leading innovative projects in their communities. They are helping seniors become active members of their communities by encouraging them to use their skills, experience and wisdom to benefit others.

Eligible applicants include voluntary and non-profit sector organizations, municipal governments, band/tribal councils and other aboriginal organizations, as well as community-based coalitions, networks and ad hoc committees.

Details about the New Horizons for Seniors, including funding priorities, applications and application guidelines are available at http://www.sdc.gc.ca/en/isp/horizons/toc.shtml; call (902) 426-2342; email: george.doleman@sdc-dsc.gc.ca.

Deadline: June 1—September 16

County of Annapolis

ANNAPOLIS COUNTY RECREATION SERVICES

P.O. Box 100
Annapolis Royal, NS
B0S 1A0

Phone: 902-532-2334
Fax: 902-532-2096
Email: rec@annapoliscounty.ns.ca

Debra E. Ryan, Recreation Coordinator
Wanda L. Atwell, Admin Assistant
Brian K. Orde, Recreation Assistant

I Volunteer. The Value of One. The Power of Many.

www.annapoliscounty.ns.ca

A Message from the Recreation Coordinator

Annapolis County Recreation Services recently launched a new cycling guide to promote active living within Annapolis County. "Bicycle Annapolis County—A Cyclist's Guide to Outdoor Adventure" is available free of charge at our office, or on the County website, www.annapoliscounty.ns.ca, click on Recreation.

The guide is a map-like brochure that showcases 21 colour coded bicycle routes that are user friendly and specifically designed for the novice map reader. It includes tips on bicycle safety, Nova Scotia's bicycle laws, and other bicycling information.

Each colour coded route has a name, a recommended start and finish area, distance of the route in both kilometers and miles, rating (easy, moderate, challenging), type of terrain, conditions, attractions, services and links to other routes.

It is our hope that residents will continue to, or rediscover, the healthy benefits of riding a bicycle to increase their fitness level.. Perhaps you might consider riding a bike to and from work, or just for the fun of it! The publication of Bicycle Annapolis County puts us one step closer to a more bicycle-friendly county.

In addition, Recreation Services is working in cooperation with Nova Scotia Health Promotion—Physical Activity, Sport & Recreation Program Area and the Towns of Annapolis Royal and Middleton in the development of an active living strategy for Annapolis County.

BICYCLE ANNAPOLIS COUNTY

We will be hiring an Active Living Coordinator to assist in the development of a strategy that will educate and inspire people of all ages in Annapolis County to increase their daily physical activity and to participate in fun, meaningful active recreation pursuits.

One of the exciting components of the strategy is to champion Club 400—The Order of Active Living and to develop a social marketing campaign. More information will follow in future newsletters.

In the meantime, we are looking for feedback from community organizations, clubs and businesses about ways to get people more physically active at home, school or work. Any ideas or suggestions are welcomed, and you can email me at (debryan@annapoliscounty.ns.ca) or call (532-3139).

The new Annapolis County Active Living Guide will be ready for distribution April 2006. Meanwhile keep active and have fun.

Debra E. Ryan